

Extreme Health Challenge



Missouri
Department of
Natural Resources

Dear Parents:

Your child's class is participating in a nutrition and physical activity challenge over the next few weeks. While 4th and 5th grade classes are challenging each other to eat more fruits and vegetables and be more physically active during the school day, **we invite your family to take the *Extreme Health Challenge at home*.** Based on current health recommendations, your child should be physically active for at least 60 minutes each day. He or she should also work towards eating 2½ cups of vegetables and 1½ cup of fruit every day. This may seem like a lot, but any progress toward this goal can improve your child's lifelong health and fitness.

There are 2 parts to the *Extreme Health Challenge (home version)*:

1. Track physical activity on the ***Katy Trail Challenge map***. Your goal is to walk, run, bike, dance, or be active any way you want – enough to equal walking the distance of the entire Katy Trail – 225 miles! In general, about 15 minutes of physical activity equals 1 mile. You can decide how long this journey will take you, but a reasonable challenge would be to complete the whole trail in 4 to 6 months. Or you can add the miles of the whole family and get there faster as a group.
2. Keep track of how many fruits and vegetables you eat by completing the ***Family Fruit and Veggie Challenge chart***. You set your own goal, but you can find out how much is healthy for you at www.mypyramid.gov/mypyramid/index.aspx.

Don't forget to reward yourselves for your accomplishments! Your child will receive a Cool Fuel Cookbook for participating in this Challenge at school.

Remember – If your child takes a lunch from home, help out by packing fruits and veggies!

Sincerely,

Barbara Keen, RD, LD
Team Nutrition Coordinator
Missouri Department of Health and Senior Services

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